HEALTHKICK

Wellness Challenges Made Easy

Empower your employees to prioritize their health and well-being with HealthKick's new Challenges. Whether it's individual wellness goals or team-based challenges, our platform is designed to inspire healthy habits through small, achievable steps across activity, mindfulness, nutrition, hydration, and sleep.
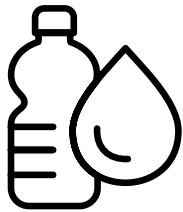
WHY CHOOSE HEALTHKICK CHALLENGES?

→ ## Challenges for All Types of Goals

From staying active to practicing mindfulness, eating healthier, or improving sleep and hydration, there's a challenge for everyone—regardless of age, fitness level, or lifestyle.
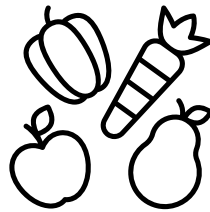
STEPS   **HYDRATION**   **ACTIVITY**   **NUTRITION**   **MINDFULNESS**

→ ## Effortless Progress Tracking

Our platform syncs with a variety of wearable devices to track progress automatically. Use the challenge dashboard to input achievements and watch progress unfold in real time.

→ ## Wellness Resources at Your Fingertips

Access an extensive library of tools, from on-demand fitness and mindfulness content to meal prep resources and coaching. With <u>250+ curated wellness partners</u>, your employees have the support they need to succeed.

→ ## Customizable for Any Occasion

Create wellness challenges tailored to your organization's needs—run them quarterly, monthly, or align with special observances like Mental Health Month or Heart Health Month.

→ ## Motivate with Built-In Rewards

Boost participation with Digital Wallet funds or prizes from our wellness partners. HealthKick makes it easy to incentivize your employees and offers turnkey solutions, including custom challenges with dedicated resources and email communication (available for additional cost).

→ ## Admin Dashboard

Track progress on individuals and teams, and download reports for performance and engagement insights. Insights into employee wellness behavior, trends, and the unique n.eeds of your organization to increase benefits utilization and employee satisfaction

INTERESTED IN A CHALLENGE FOR YOUR TEAM? <u>CLICK HERE</u> TO SPEAK WITH OUR TEAM TO LEARN MORE!

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